

ARCHERY SELF-CHECK

1. BODY POSITION

Feet in the same spot
Weight evenly distributed

2. HOLDING THE BOW

Bow hand in exactly the same spot each time
Fingers & wrist relaxed

3. NOCKING

Arrow nocked correctly
String fingers properly placed on string
Back of hand relaxed & wrist relaxed and flat

4. PREDRAW

Bow perpendicular with the ground
Bow arm, wrist, fingers relaxed
Bow sight lined up with the target center
Left elbow rotated

5. DRAWING

Squeeze the shoulder blades together-Lead with elbow
Left shoulder down and back
Smooth motion

6. ANCHORING

Right index finger under the jawbone
String touching the tip of nose & center of chin

7. HOLDING & AIMING

Maintain tension between shoulder blades
Sight steady and on target

8. RELEASING

Relax fingers of the string hand
Maintain tension between shoulders

9. FOLLOW THROUGH

Eyes still focused on target
Tension maintained between shoulders
Bow arm still up & fingers relaxed
Concentrate on correcting mistakes & prepare for next shot